April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 Deep Rest & Relaxation (T, O)
7	8 New Moon (O)	9	10	11	12	13 Heartsong with Mary Jones
14	15	16 Restorative Body Stretch w/Breathwork (T)	17	18	19	20
21 Self-Care Sunday (P, O)	22	23 Full Moon Sound Bath (T)	24	25	26	27
28 Creating an Energetically Safe Space (M) Chakra (D)	29	30				

May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Affirmations (M) Deep Rest & Relaxation (T, O)
5	6	7	8 New Moon (O)	9	10	11
12 Chakra (D)	13	14	15	16	17	18
19 Self-Care Sunday (P, O)	20	21	22	23 Full Moon Sound Bath (T)	24	25
26 Restorative Body Stretch w/Breathwork (T)	27 Healer's Sound Healing (M) Memorial Day	28	29	30	31	